

Dos and Don'ts

Blended Families/Stepfamilies

- **Do** reassure children that the divorce/death was not their fault. Invite questions and discussion.
- **Do** start talking with your children about the possibility of blending your family long before your marriage. Be tolerant of outbursts in children when you tell them about the re-marriage.
- **Don't** push your children into creating relationships. Allow bonds to evolve slowly and naturally.
- **Don't** expect your stepchildren to call you mom or dad. Let them decide what they want to call you. Their comfort level is important here.
- **Do** expect and accept different feelings between parent, child, stepparent, and stepchild.
- **Do** establish a unified parenting approach that is evenly applied to everyone in the family.
- **Don't** forget your marriage by focusing exclusively on the family. Make alone time with your spouse consistently. Nurture your marital relationship.
- **Do** spend some time alone with each child and stepchild. Set aside time each day to connect one-on-one with all the children in your new family.
- **Do** hold family meetings. This gives all family members a chance to express their opinions and have input into the rules, schedules, and planning of upcoming events. Family meetings provide opportunities for everyone to vent his or her feelings as well as to express appreciation.
- **Do** establish new traditions. The new stepfamily has no shared family history, no shared ways of doing things, and they may have very different beliefs. You will want to honor some existing traditions and rituals and develop others in the new family setting. Look for uniqueness in your new blended family and build a tradition around that.
- **Do** respect former spouses parenting.



Like the warmth of the sun and the light of the day, may the luck of the Irish shine bright on your way.

Make sure he/she has quality time with his children.

- **Do** avoid conflicts between the adults involved when the children are present.
- **Do** invite children's other family members to milestone events such as birthdays and graduations.
- **Don't** hesitate to call on grandparents, family members, clergy, support groups and counselors to help with the adjustments. Get all the assistance you can.

By devoting the necessary time to develop their own traditions

and form caring relationships, stepfamilies can create emotionally rich and lasting bonds for each member. In the process, the children acquire the self esteem and strength to enjoy the challenges that lie ahead.

—HELPGUIDE



Improve your memory with Acronyms

The use of acronyms can be helpful when a list of facts or sequence of items must be remembered. An acronym is a word or phrase made from the initial letter or letters of each of the successive parts or major parts of a compound term. For example, the acronym PERT stands for Program Evaluation and Review Technique.

Of course, acronyms can be created by students to remember a specific item, such as the eight planets in our solar system in sequence (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune). Taking the first letter of each word, you would have m, v, e, m, j, s, u, n and p. Make up a nonsensical phrase to help you remember the exact order, such as, "My very elegant mother just served us noodles."

Another popular acronym to remember the sequence of the natural classification or taxonomy system (kingdom, phylum, class, order, class, family, order, genus, species) might be "King Philip Came Over For Good Spaghetti." No one said you couldn't be silly and have fun studying. Make up a similar acronym to use to remember the sequence of the colors in a rainbow:

Red Orange Yellow Green Blue Violet

Acronym: _____

Becoming a Stress Buster Detective: find quick stress relief that works best for you

Becoming a stress-buster detective can help you reduce your stress level by rapidly bringing you back into a state of equilibrium. No time here for along, soothing bath or meditation. A stress-buster detective is one who seeks out the right kind of sensory input to soothe, comfort and invigorate **in the moment!**



A detective attempts to unlock a mystery— looking for clues, gathering information and putting it all together to make sense of what is learned. Here, the mystery is, “How do different kinds of sensory input affect my nervous system?” The clues involve these senses:

- Movement (Proprioceptive Sense)
- Smell (Olfactory Sense)
- Sights (Visual Sense)
- Tastes (Gustatory Sense)

Explore a wide array of sensory possibilities. Look for sensory stimulants that:

- **Both relax and energize you**
- **Have immediate impacts**
- **Are enjoyable**
- **Are dependable**
- **Are available**

Movement (Proactive Sense) Get a move on and get comfortable in your own space. Engage muscles and tendons as you:

- Stamp your feet, run in place
- Stretch—anytime, anywhere—arch your neck if you can.
- Roll you head—circle in one direction, then the other.
- Massage yourself—give yourself a hand, foot, or head massage.

- Squeeze a rubbery stress ball or piece of playdough or clay.

Sights (Visual Sense) Surround yourself with images that make you feel sublime. Imaginary images sometimes work just as well:

- Nurture through nature - focusing on greenery can have a calming and lifting effect.
- Decorate with photos of loved ones or scenes from nature that soothe.
- Cut our pictures from magazines that make you laugh and feel good.
- Create small altars and decorate them with mementos you find in nature.
- Surround yourself with color that de lights - color you walls with a hue that lifts your spirits.
- Close your eyes and picture a place or experience that brings a sense of calm and peacefulness.

Touch (Tactile Sense) Play with tactual sensations that relax and renew you:

- Wear materials that feel soft and comforting next to your body— try silk, 100% cotton or other smooth and light fabrics.
- Indulge your need to feel cooler or warmer— if it's hot, keep a cooling spray handy; if you are chilly, wrap something warm around your neck.
- Lightly stroke your face and arms.
- Wash your face with cool or warm water.
- Hold a comforting object— a stuffed animal, a smooth rock, a chenille scarf.

Sounds (Auditory Sense) Experiment to discover sounds that you find renewing, supportive and sustaining:

- Listen nature, water, forest, wind, or bird sounds
- Sing!
- Lend an ear to instrumental music
- Notice which sounds are uplifting and energizing to you and save them on a player that you can use with ear phones.

Tastes (Gustatory Sense) Experiment with food, in moderation. Food will work, but it's not the ideal comfort choice for

those with weight problems. However, mindfulness when eating may not only increase pleasure but also reduce hunger.

- Take a piece of something sweet (i.e., dark chocolate or a juicy berry) and let it dissolve slowly in your mouth. Savor every bit.
- Mix 3-4 different kinds of grapes in a bowl. Close your eyes, pick one and slowly taste it.
- Prepare something with lots of colors, textures, scents and flavors—

Once you identify those sensory experiences that work best to relax, focus and energize you, make them an ongoing part of your life at home, at work, while commuting—anywhere you spend time...which is everywhere.

—HELPGUIDE.ORG

Practical Recommendations to Prevent Type 2 Diabetes

- Increase your intake of whole grains and fiber-rich foods
- Reduce your intake of trans fat and processed meats
- Frequently eat nuts and other magnesium-rich foods
- In general, reduce your caloric intake and choose foods with a lower glycemic index and glycemic load

— AMERICAN INSTITUTE FOR CANCER RESEARCH

Daylight time

begins on
March 11th
ends on
November 4th

